

HAND BALL STRATEGY

ATTACKING TEAM

As soon as your team has the possession of the ball, it becomes the attacking team and players have to react this way:

A : If you don't have the ball, give your teammate an opportunity to make a pass.

1 : Stay far from your opponents.

2 : Stay close to the ball (5 to 10 meters, depending on your level).

B : If you don't have the ball, look for a good place to receive the ball and shoot to score.

1 : Stay far from your opponents.

2 : Go to your opponent's half court.

3 : Stay in the back of defenders.

4 : Keep distance to run when you'll receive the ball to shoot hard (near the 9 m line, not along the circle!).

C : If you have the ball

1 : Look for a partner in a better position.

2 : Make a pass to this teammate if he's at a reasonable distance and far from defenders.

3 : If there's no opportunity for a good pass then go forward using your three steps and then dribble if needed and if you're free of defenders.

4 : If you aren't allowed to move any more, make a pass or wait for your partners to give you an opportunity for a good pass.

D : If you have the ball and if you're in position to score (in the 9 meters and no defender between you and the goal) then SHOOOOOOTT !!!!!!!

DEFENDING TEAM

As soon as your team loses the ball, it becomes a defending team and players have to react this way:

A : Stay between defenders and your goal (if you're along the circle, for sure, no defender will be in your back!).

B : Try to intercept a pass if possible.

C : Disturb the player with the ball, without touching him.

Never forget that you'll become an attacker or a defender when:

1 : A pass is intercepted

2 : The ball leaves the court.

3 : After a shot.

4 : After a fault.

In those 3 cases, the referee ***blows and shows the direction in which the game will restart.*** Remember: you have to play the free-throw where the fault occurred (except if it's in the 9 meters), the throw-in, where the ball left the court and the throw-off, from the middle of the court.

Be aware of what happens on the court and react as fast as possible.